



HERITAGE

Farmer's Market Coupons! Wednesday, August 4 starting 9 a.m. Lowell Senior Center

\$25 Farmer's Market coupons residents age 60+. First come, first served until they are gone. Bring a photo ID with your address and a bill or mail to show where you live. Your household income must be BELOW:

\$1,986/month (1 people)
\$2,686/month (2 people)

¡Cupones de Farmer's Market! (Spanish)

Miércoles 4 de agosto a partir de las 9 a.m.
Lowell Senior Center

Vamos a dar cupones de Farmers's Market de \$ 25 para los residentes que tenga 60 + años. Las cantidades son limitadas, se van a dar hasta que se acaben. Traiga una identificación con foto con su dirección y una factura o correo para mostrar dónde vive. Los ingresos de su hogar deben ser DEBAJO:

\$ 1,986 / mes (1 persona)
\$ 2,686 / mes (2 personas)

Cupons do Farmer's Market! (Portuguese)

Quarta-feira, 4 de agosto a partir das 9h
Lowell Senior Center

Cupons do Farmer's Market de valor \$25 para residentes com mais de 60 anos. Primeiro a chegar, primeiro a ser servido até que eles tenham ido embora. Traga um documento de identidade com foto com seu endereço e uma fatura ou correio para mostrar onde você mora. Sua rendimento deve ser ABAIXO:

\$ 1.986 / mês (1 pessoa)
\$ 2.686 / mês (2 pessoas)

ប័ណ្ណបញ្ជីភ្នំ ២៥ ដុល្លាររបស់ផ្សារកសិករ

(Farmer's Market) សម្រាប់អ្នកមានអាយុ ៦០ ឆ្នាំឡើង។
មកមុន ទទួលបានមុនរហូតដល់ចែកចាយអស់។

សូមយករូបថតអត្តសញ្ញាណប័ណ្ណជាមួយនឹងអាសយដ្ឋាន
និង វិក័យប័ត្រ ឬ សំបុត្រនានាដែលមាន
បង្ហាញឬបញ្ជាក់អាសយដ្ឋានដែលលោកអ្នករស់នៅ។ ប្រាក់
ចំណូលគ្រួសាររបស់អ្នកត្រូវតែមានដូច
ខាងក្រោម៖

\$1,986/ខែ (1 នាក់)
\$2,686/ខែ (2 នាក់)

Please join us for:

**Friends of Lowell Council on Aging
Indoor Picnic ~ Reopening Event
at the Senior Center**

Friday, August 20, 11am-2pm

Chicken Barbecue, Garden Salad,
Potato Salad, Fresh Fruit and Ice Cream!
Featuring DJ, music, & dancing!

Advance Purchase, Ticket Required
\$7 payable to Friends of LCOA
Available at Front Desk through August 13th



**The need is constant.
The gratification is instant.
Give blood.**



**American
Red Cross**

Friday July 23, 12-8pm
Lowell Senior Center
By appointment



Sign up to volunteer: 978-674-1168
Sign up to donate blood: 1-800-RED-CROSS
or redcrossblood.org

redcrossblood.org | 1-800-RED CROSS

CITY MANAGER

Eileen Donoghue

Assistant City Manager

Kara Keefe-Mullin

City Council**Mayor**

John J. Leahy

Vice Chair

Rita M. Mercier

* * * * *

Sokhary Chau

David J. Conway

John Drinkwater

Rodney M. Elliott

Vesna Nuon

Daniel Rourke

William Samaras

**City of Lowell
Veterans Services****Director / Agent**

Eric Lamarche

ELamarche@lowellma.gov

Office Hours:**8:00 A.M. - 4:00 P.M.****Monday - Friday**

Tel: 978-674-4066

Fax: 978-446-7270

Library Senior Center Branch

Closed until further notice

**LOWELL
SENIOR CENTER****276 Broadway St
Lowell, MA 01854****978-674-4131**

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Monday–Friday:

**7 am to 3 pm**

Saturday–Sunday:

**Open for meals only**

Daily Takeout Breakfast:

7:00-9:00 am

Daily Takeout Lunch:

10-11:30 am

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Director: Lil Hartman**Receptionist:** Tara Donnelly**Events:** *VACANT*

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**Outreach Team**

Amy Leal 978-674-1167

(Portuguese, Spanish)

Gladys Rosa 978-674-1168

(Spanish)

Seila Chuop 978-735-9247

(Khmer, Korean)

**COUNCIL ON AGING  
BOARD OF DIRECTORS***Andrew Hostetler, Chair**Joyce E. Dastou**Mary Donnelly**Beverly Gonsalves**Judith Huber**John R. Lawlor**Vincenzo Milinazzo**Anne Marie Porter**Molyka Tieng*

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Next meeting: Monday,**September 13th****at 9:00am****Lowell Health Department**

978-674-4010

For Questions about COVID-19.

Prefer reading

The Heritage Newsletter
online?Visit: www.lowellma.gov/seniors*Join our e-mail list for weekly
updates about events, and a notice
when the newsletter is available
online.**Please call 978-674-4131 to share
your email address with us.***NEWSLETTER MAILING UPDATE!!**

During the pandemic state of emergency, the Friends mailed this newsletter to all Lowell households who had used the senior center in 2019. ***This July-August newsletter is the last that will be mailed to all.*** If you would like to continue receiving a newsletter mailed to your home: 1) join the Friends, and 2) request to be on the newsletter mailing list. Starting September 2021, only Friends members will be eligible for monthly newsletter mailing. Newsletters will still be available for anyone to pick up at the Senior Center.



Welcome Back!!

This summer, many programs are coming back and we'll celebrate reopening with an indoor picnic sponsored by the Friends on August 20. The following Monday, August 23, indoor dining will resume for breakfast and lunch.

We are so glad to see friends returning to the Center, along with many new people who discovered it thanks to vaccine clinic traffic this spring. If you are not yet vaccinated, Lowell residents can call 978-228-3019 to find a vaccine near you.

The Senior Center staff has done a great job adapting to new roles during the pandemic and keeping visitors safe. Please join me in thanking Carol Lannan for over 5 years of service as the Senior Center's Events and Trips Coordinator. During the pandemic, Carol jumped in to support our weekend meal program, and officially transferred to a Weekend Cook position this May.



Medical Loan Program

Walkers, disposable underwear and bed pads available FREE. Call 978-674-4131 for pickup
Wheelchair donations needed!



The Syringe Collection Program

Senior Center syringe drop-off accepted during meal program hours at our side window. Please call 978-674-4131 for weekday lobby drop-off to avoid vaccine clinic days. Free disposal containers are available while supplies last.

Get Help with Medicare

Call 978-946-1374 and leave a message. A trained counselor will call you back within 1-2 days. Statewide, no in-person appointments are available.



Volunteer with us!

The City has decided to reopen the Elderly and Veterans Volunteer Program for Fiscal Year 2022. You may be able to help a city department for up to 100 hours and earn a reduction in your property tax bill. Spots in this program are limited. To sign up, **call 978-674-1102** or visit the **Lowell Assessor's Office, City Hall, 1st Fl. Room 36**, starting July 1, 2021.

Meals on Wheels is seeking volunteer drivers to deliver lunches for seniors in Lowell. These folks get a daily stipend for vehicle costs, and are also eligible for the Elderly and Veterans Volunteer Program (see above).

Do you like to work out with friends? CTI is seeking new volunteers to lead its strength training class at the senior center. Bone Builders leaders are part of the AmeriCorps Senior Program and enjoy volunteer benefits.

Do you like to spend time with neighbors or kids? CTI is seeking new volunteers for Senior Companion and Foster Grandparent programs. Stipends are available for income-eligible volunteers.

Please call Gladys at 978-674-1168 to sign up!

NEW! Painting with Lolita

Mondays starting July 12
10-11:30am
2nd Floor Classroom

What can you do with a paper and brush? Come discover your own hidden talent, and the fun of painting together with friends. Lolita Demers is a retired school art teacher here to guide your technique. Bring your own supplies (no oil paints) or use individually-packed kits from the



senior center. Advance sign-up is required, call Tara at 978-674-

4131.

This program is supported in part by a grant from the Lowell Cultural Council, administered by the Mass Cultural Council.

Richard Galyon Sing-along

Thursday, July 8
10:30 - 11:30am

Richard performs on the stage singing old favorites from the 1940s and 50s, and plays some original tunes as well. He'll bring lyric sheets. Come to listen, request a song, and sing along!



People/Environment Discussion Series

Fridays July 9 – 30th ... 10am – 11am ... Senior Center Library

Come join Suzanne to learn and discuss topics like Plastics/Recycling Class, Saving the Right Whale, Climate Change, Pollinator Gardens. **Cost:** Free.



Bus Trips with Travel Agencies

Best of Times "Lunch and Show" Day Trips

Thursday, August 26 – Texas Tenors @ Danvers
Thursday, Sept. 9 – Corvettes Doo Wop @ Foxboro
Thursday, Oct. 21 – British Invasion @ Lantanas
Thursday, Nov 18 – Abba/Yesterday @ Danvers
\$82/trip payable to Lowell Council on Aging

Atlantic City Resorts Overnight Trip

Limited seats available
Incl. \$50 food credit, \$20 casino slot bonus
Sunday to Tuesday, September 19-21
\$289/person double; \$389/person single
Payable to **Fox Tours** (drop off at Senior Center)



Contact Lil
at 978-674-1169
to sign up for trips

\$7.00 Day Trips Age 60+



Please sign-up for trips right away! Bring cash, money order or check to the Senior Center. If you need to change dates, please call ahead. No refunds for no-shows on trips.

Please arrange pickup location at time of sign-up.

<u>July</u>	<u>trips</u>	<u>On sale now!</u>	
<u>Day</u>	<u>Date</u>	<u>Destination</u>	<u>Depart</u>
Monday	12	Hampton Beach	9 am
Tuesday	13	Old Orchard Beach	8:30 am
Thursday	15	Ogunquit Beach	8:30 am
Monday	19	York Beach	8:30 am
Tuesday	20	Newburyport	9:00 am
Thursday	22	Hampton Beach	9:00 am
<u>August</u>	<u>trips</u>	<u>on sale beginning</u>	<u>July 27</u>
<u>Day</u>	<u>Date</u>	<u>Destination</u>	<u>Depart</u>
Monday	9	Old Orchard Beach	8:30 am
Tuesday	10	Ogunquit Beach	8:30 am
Thursday	12	York Beach	8:30 am
Monday	16	Newburyport	9:00 am
Tuesday	17	Hampton Beach	9:00 am
Thursday	19	Old Orchard Beach	8:30 am
Monday	23	Ogunquit Beach	8:30 am
Tuesday	24	York Beach	8:30 am

CareRide

CareRide, a program of Elder Services of Merrimack Valley, provides non-emergency medical



transportation in the Greater Lowell area and to Boston for people age 60+. Sign up at the Lowell Senior Center (978-674-4131), and a ride share vehicle will be scheduled for you by Elder Services.

\$1 Round-Trip to Grocery Stores



Call 978-674-4131 for a ride to your neighborhood grocery store. One ride per week. As requests increase we may set specific days for each neighborhood.

LRTA Road Runner

ADA Paratransit curb-to-curb service is available for people with a disability that prevents them from using a fixed route bus—for all trip types.

Senior Dial-a-Ride is available for all people age 60+ for medical rides only.

Call Road Runner at 978-459-0152



FREE Fitness Room

Monday—Friday
7:00—12 noon

Required:

- Lowell residents age 60+
- Sneakers
- Doctor's release note dated July 1, 2020 or later



Bilingual Khmer/English Mindfulness

Starts Wednesday Sept 1, 1:30pm

At the Senior Center (rides available from CMAA). All are welcome. Come learn meditation and yoga practice. For more information, contact Toooh Van by email tvan@cmaalowell.org or phone at 978-454-6200.

INTRO TO MINDFULNESS

វិបស្សនា

LIVE, WORK, AND LOVE WITH PURPOSE!

រៀនពីវិធីអប់រំផ្លូវចិត្តដើម្បី៖ រស់នៅ ធ្វើការ និង ផ្តល់នូវសេចក្តីស្រឡាញ់ដោយមានគោលដៅ

Foot Clinic

with Diane Stanley, RN

Thursdays, 9:00am – 12:00pm

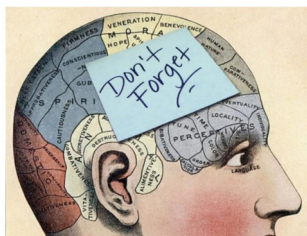
May 20th & June 17th

\$30.00 fee



A Total Foot Care appointment including: foot assessment, toenail trimming and filing, reduction of nails/corns/calluses as needed, education to help maintain self-care, and a relaxing foot massage. 2nd Floor Nurse's Station.

Memory Training



Designed by UCLA, this is an innovative educational course that teaches individuals techniques to improve their memory in a fun, interactive classroom environment. This is not intended for people with a diagnosis of Alzheimer's or dementia.

Future dates to be determined. Sign up now if you are interested.

"On the Move" Fitness

with Marian Silk

Pay monthly in advance
Great Hall

Mondays and Fridays:

9:00 am

Tuesdays:

8:00 am

Wednesdays:

7:45 am

Sign up in advance.
Call 978-674-1169



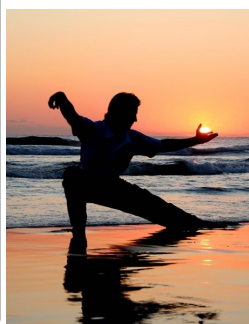
TAI CHI

Thursdays 1:00

\$5 per class in 2nd Floor Classroom

Helps with: arthritis, strengthening the immune system, high blood pressure, and osteoporosis! Acupressure points also taught: for headaches, stress, upset stomach & more!

Sign up in advance. Call 978-674-1169



Dance MOVES & Yoga



In September!

Weekly Activities

July/August 2021

Mah-Jong

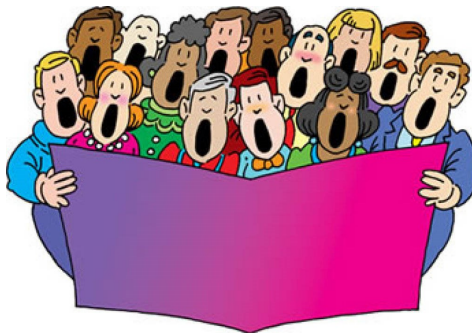
Mondays
12 to 2:45 pm
Board Room



Lowell Senior Center Singers

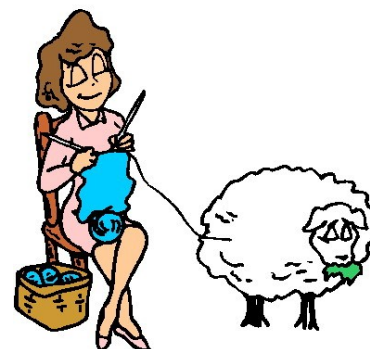
Monthly Rehearsals
1st Monday at 1pm

STARTING SEPT 13
2nd Floor Classroom



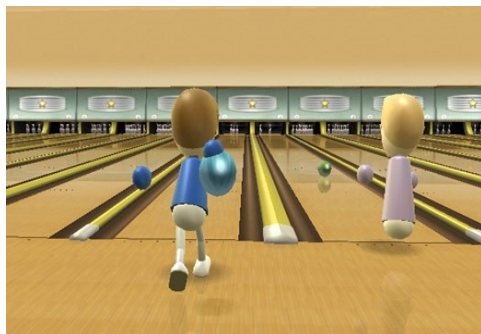
Knit & Crochet Group

new day through summer
Fridays 12:00—3:00 pm
Senior Center Library



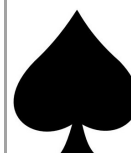
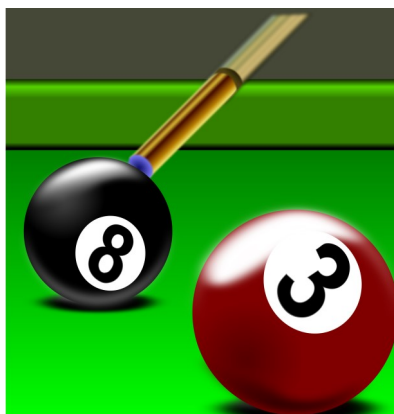
Wii Bowling

Tuesdays, 11:45-12:45
Board Room



Billiard Room

Open Monday - Friday
7am-2:45pm

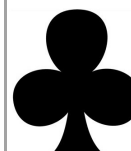


Card Players!



Tuesdays
9:30 am to 2:45 pm
Cribbage

Thursdays
9:30 am to 2:45
45's



Fridays
9 to 2:45
Poker



Quilting Group

Wednesdays
12—2:45 pm
2nd Floor Classroom
Newcomers welcome,
beginners to advanced!



B - I - N - G - O

Every Wednesday

STARTING AUGUST 11

12—3:00 pm

50¢ per card,
sales start at noon

Prize amounts vary
due to attendance.

PLUS additional prizes!



Lunch Menu: July 2021

July/August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 4. Closed	5. Closed	6. Thai Basil chicken, rice, peas, carrots, spinach, peaches	7. Spaghetti, meatballs, carrots, pears	8. Spanish chicken, rice, potatoes, olives, tomatoes, peppers, onions, blueberries	9. Baked Pollock, potato, green beans, apple sauce	10. Shepherd's Pie, potatoes, corn, tomato salad, fruit cocktail
11. Turkey Sub, pasta salad, tomatoes, lettuce, onions, rice pudding	12. Stuffed shells, Hamburg sauce, carrots, greens, cake	13. Roast Pork Tenderloin, potato, green beans, pineapple chunks	14. BBQ chicken, rice, peas, pears	15. Swedish meatballs, pasta, zucchini, cauliflower, broccoli, blueberries	16. Baked fish and shrimp, rice pilaf, zucchini, onions, tomatoes, banana	17. Grilled chicken salad, whole wheat roll, tomatoes, cucumbers, lettuce, onions, oranges
18. Meatloaf, mashed potatoes, peas, apple	19. Chicken sandwich, pasta salad, tomatoes, cucumbers, lettuce, onions, orange	20. Pot Roast, mashed potatoes, green beans, applesauce	21. Eggplant & Zucchini lasagna, black beans, lentils, pasta, pears	22. Stuffed Peppers, rice, potatoes, carrots, pudding	23. Shrimp & Chicken Scampi, rice, stewed tomatoes & zucchini, fruit salad	24. Cheese Raviolis, meat sauce, salad, tomatoes, strawberries
25. Chicken Salad sub, potato salad, cucumbers, tomatoes, pears	26. Chicken Pie, rice, peas, Mandarin oranges	27. Liver & onions, potatoes, corn, peaches	28. Stuffed Cabbage, mashed potatoes, stewed tomatoes, chocolate cake	29. Turkey dinner, stuffing, mashed potatoes, butternut squash, pie	30. Fish sandwich, potato tots, coleslaw, banana,	31. Hotdogs, beans, French fries, garden salad, fruit salad

** Dining room is closed from 9am to 11am for classes and sanitizing.*

COALITION FOR A BETTER ACRE

Monthly Food Bank
We deliver anywhere
In the City of Lowell

Contact:
Jennifer 978-856-6646
or
Mitchy 978-856-6625

The Elder Community Market

This program will likely start on Friday, July 16th from 9:45am-10:15am. It will run for 12 weeks to Friday, October 1st. The program will serve 80 Greater Lowell residents. There will be two groups (40 people in each group) which will alternate weeks. Thanks to ESMV, the produce will be provided to each elder for FREE every week!

Please call the senior center at 978-674-4131 after May 1 to complete an application over the phone

Lunch Menu: August 2021


July/August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Shepherd's Pie, corn, peas, chocolate pudding	2. Chicken Stir-Fry, peppers, carrots, pasta, applesauce	3. Meatloaf, potato, peas, Mandarin oranges	4. Chicken broccoli ziti, peaches	5. Roast pork loin, potato, green beans, cookie	6. Baked Pollock, rice pilaf, Cole slaw, pears	7. Meatball sub, pasta salad, tomato, banana
8. Sausage stir fry, peppers, tomato, pasta, apple	9. Stuffed chicken breast, potato, spinach, Jell-O	10. Beef taco, lettuce, tomato, onion, pineapple chunks	11. Chicken parm, pasta, carrots, applesauce	12. Beef stir fry, broccoli, peas, bok choy, pears	13. Chicken and shrimp scampi, pasta, tomatoes, green beans, cake	14. Beef sloppy Joes, potato, corn, tomato salad, Ice cream
15. Chicken sandwich potato, peas, grapes	16. Cheese burgers, potato tots, salad with tomato, watermelon	17. Oven-fried chicken, potatoes, carrots, pudding	18. Meat lasagna, garden salad with tomato, brownie	19. Asian salad, pasta, tomatoes, carrots, Mandarin oranges	20. Indoor Picnic See front cover	21. Hot dogs, beans, pasta salad, tomato and peppers, banana
22. American Chop Suey, Salad, tomato, fruit cup	23. Turkey dinner, potato, peas, stuffing, Pie	24. Stuffed cabbage, rice, tomatoes, orange	25. Stuffed shells, ground turkey, peas, corn, carrots, pears	26. Teriyaki chicken, rice, green beans, fresh berries	27. Tuscan baked Pollock, pasta, peas, watermelon	28. Shepherd's Pie, corn, stewed tomatoes, apple
29. Turkey Chili, Mac n cheese, broccoli, Ice cream	30. Chicken pie, potato, carrot, peas, cookie	31. Liver and onions, potatoes, spinach, Mandarin oranges				

NEW TIME!

Mill City Grows' Mobile Market
Thursdays at the Senior Center
10am—12 noon as of July 1st





DATES: 4th Tuesday
July 27, 2021
August 24
September 28

FOR INFORMATION, CONTACT:
Laura Marsan
(978) 946-1303
Justin Jordan
(978) 946-1279

Please bring reusable bags, baskets, or a cart to carry your food.

BROWN BAG

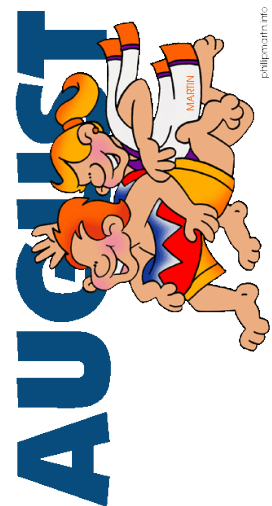
A distribution of pre-bagged groceries

In partnership with

Elder Services of the Merrimack Valley, Inc.

Choices for a life-long journey

MEMBER OF
FEEDING AMERICA



collenathrino

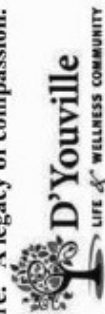
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4. CLOSED Independence Day Holiday	5. CLOSED Independence Day Holiday	6. 8 On the Move 9:30-2:45 Cribbage 11:45 Wii Bowling	7. 7:45 On the Move 12-2:45 Quilting	8. 10:30 Singalong with Richard Galyon 9:30-2:45 Cards: 45's 1:00 Tai Chi	2. 9 On the Move 9-2:45 Poker 12-2:45 Knit & Crochet 12-2:45 Senior Social	3. 7-9 am Breakfast 10-11:30 am Lunch
11. 7-9 am Breakfast 10-11:30 am Lunch	12. 9 On the Move 10 Crafts with Lolita 12-2:45 Mahjong	13. 8 On the Move 9:30-2:45 Cribbage 10 Computer Class 11:45 Wii Bowling	14. 7:45 On the Move 12-2:45 Quilting	15. 9 Foot Clinic by Appt 9:30-2:45 Cards: 45's 1 Tech Help by Appt 1 Tai Chi	16. 9 On the Move 9-2:45 Poker 10 People/Environment 12-2:45 Knit & Crochet 12-2:45 Senior Social	10. 7-9 am Breakfast 10-11:30 am Lunch
18. 7-9 am Breakfast 10-11:30 am Lunch	19. 9 On the Move 10 Crafts with Lolita 12-2:45 Mahjong	20. 8 On the Move 9:30-2:45 Cribbage 10 Computer Class 11:45 Wii Bowling	21. 7:45 On the Move 12-2:45 Quilting	22. 9:30-2:45 Cards: 45's 1 Tech Help by Appt 1 Tai Chi	23. 9 On the Move 9-2:45 Poker 10 People/Environment 12-2:45 Knit & Crochet <i>No Senior Social</i> * 12-8pm Red Cross Blood Drive *	24. 7-9 am Breakfast 10-11:30 am Lunch
25. 7-9 am Breakfast 10-11:30 am Lunch	26. 9 On the Move 10 Crafts with Lolita 10:30 Age Friendly Action Group 12-2:45 Mahjong	27. 8 On the Move 9:30-2:45 Cribbage 10 Computer Class 11:45 Wii Bowling	28. 7:45 On the Move 12-2:45 Quilting	29. 9:30-2:45 Cards: 45's 1 Tech Help by Appt 1 Tai Chi	30. 9 On the Move 9-2:45 Poker 10 People/Environment 12-2:45 Knit & Crochet 12-2:45 Senior Social	31. 7-9 am Breakfast 10-11:30 am Lunch
August 1. 7-9 am Breakfast 10-11:30 am Lunch	2. 9 On the Move 10 Crafts with Lolita 10:30 Age Friendly Action Group	3. 8 On the Move 9:30-2:45 Cribbage 11:45 Wii Bowling	4. 7:45 On the Move 12-2:45 Quilting *9am: Farmer's	5. 9:30-2:45 Cards: 45's 1 Tech Help by Appt 1 Tai Chi	6. 9 On the Move 9-2:45 Poker 12-2:45 Knit & Crochet 12-2:45 Senior Social	7. 7-9 am Breakfast 10-11:30 am Lunch

		Market Coupon Day*					
8. 7-9 am Breakfast 10-11:30 am Lunch	9. 9 On the Move 10 Crafts with Lolita 12-2:45 Mahjong	10. 8 On the Move 9:30-2:45 Cribbage 10 Computer Class 11:45 Wii Bowling	11. No On the Move 12-3 Bingo Returns! 12-2:45 Quilting	12. 9 Foot Clinic by Appt 9:30-2:45 Cards: 45's 1 Tech Help by Appt 1 Tai Chi	13. 9 On the Move 9-2:45 Poker 12-2:45 Knit & Crochet 12-2:45 Senior Social	14. 7-9 am Breakfast 10-11:30 am Lunch	
15. 7-9 am Breakfast 10-11:30 am Lunch TAKEOUT only	16. 9 On the Move 10 Crafts with Lolita 12-2:45 Mahjong 7-9am Breakfast 10-11:30 Lunch TAKEOUT only	17. 8 On the Move 9:30-2:45 Cribbage 10 Computer Class 11:45 Wii Bowling 7-9am Breakfast 10-11:30 Lunch TAKEOUT only	18. 7:45 On the Move 12-3 Bingo 12-2:45 Quilting 7-9am Breakfast 10-11:30 Lunch TAKEOUT only	19. 9:30-2:45 Cards: 45's 1 Tech Help by Appt 1 Tai Chi 7-9am Breakfast 10-11:30 Lunch TAKEOUT only	20. 9 On the Move NO Poker NO Knit & Crochet No Senior Social *11-2 Friends Indoor Picnic ~ Reopening* (Ticket required)	21. 7-9 am Breakfast 10-11:30 Lunch TAKEOUT only	
22. 7-9 am Breakfast 10-11:30 Lunch TAKEOUT only	23. 9 On the Move 10 Crafts with Lolita 12-2:45 Mahjong 7-9 am Breakfast 11-11:30 Lunch Served DINE-IN/TAKEOUT *New Time*	24. 8 On the Move 9:30-2:45 Cribbage 10 Computer Class 11:45 Wii Bowling 7-9 am Breakfast 11-11:30 Lunch Served DINE-IN/TAKEOUT *New Time*	25. 7:45 On the Move 12-3 Bingo 12-2:45 Quilting 7-9 am Breakfast 11-11:30 Lunch Served DINE-IN/TAKEOUT *New Time*	26. 9:30-2:45 Cards: 45's 1 Tech Help by Appt 1 Tai Chi 7-9 am Breakfast 11-11:30 Lunch Served DINE-IN/TAKEOUT	27. 9 On the Move 9-2:45 Poker 12-2:45 Knit & Crochet 12-2:45 Senior Social 7-9 am Breakfast 11-11:30 Lunch Served DINE-IN/TAKEOUT *New Time*	28. 7-9 am Breakfast 11-11:30 am Lunch DINE-IN/ TAKEOUT *New Time* Building closes at noon	
29. 7-9 am Breakfast 11-11:30 am Lunch DINE-IN/TAKEOUT Building closes at noon	30. No On the Move 10 Crafts with Lolita 10:30 Age Friendly Action Group 12-2:45 Mahjong	31. No On the Move 10 Computer Class 11:45 Wii Bowling 12-2:45 Cribbage					

First Lowell Rehab Apartments

Effective July 1st, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com



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Need help with technology?

The Pollard Memorial Library has several new online and in-person tech resources:

Tech @ Home:

online tutorials for new and intermediate computer users at

<https://lowelllibrary.org/services/tech-home/>

Tech Nights:

At the Pollard Memorial Library (main branch), Wednesday nights from 6-7PM or 7-8PM. On Tech Night you can book one hour with the IT Specialist to troubleshoot a device, receive instruction for a specific software, or get assistance with a specific computer-related task.



Tech Days:

Tech Days at the Senior Center are only for persons 60-years or older.

Tech Days offer the same services of Tech Night, but takes place Thursday afternoons at the Senior Center beginning at 1:00 PM by appointment. Sign up to ask questions, get help with your phone or device, learn MS Word or other programs, or get assistance with a specific computer task.

Reservations are necessary for Tech Days just as they are for Tech Nights and there are only 2 slots available day. Visit our calendar online at <https://lowelllibrary.org/events/> and search for available dates using the category "Tech Day/Night," or call the Reference Department at 978-674-4121.

FREE KINDLE LOAN PROGRAM

If you would like to participate in a web-based class but don't have a computer or smartphone, Lowell Senior Center can lend an Amazon Kindle for 30-day periods for you to take home.

Some tech support may be available through the Library or volunteers, please let us know what help you need.

You will need to have your own internet access from home, public hotspots, or the Senior Center.

Income eligible households may qualify for \$10/month internet service through [internetessentials.com](https://www.internetessentials.com).



EMERGENCY BROADBAND BENEFIT PROGRAM

A Federal Communications Commission program that provides a temporary discount on monthly broadband bills for qualifying households.

IF YOUR HOUSEHOLD IS ELIGIBLE, YOU CAN RECEIVE:

- ♦ Monthly Benefit: Up to a \$50/month discount on your broadband service and associated equipment rentals
- ♦ Enhanced Tribal Benefit: Up to a \$75/month discount if your household is on qualifying Tribal lands
- ♦ One-time Device Discount: Up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50) where available



EMERGENCY BROADBAND SUPPORT CENTER
(833) 511-0311 | 9 am-9 pm ET 7 DAYS PER WEEK |
EBBHelp@usac.org To learn about eligibility and application options, visit [GetEmergencyBroadband.org](https://www.GetEmergencyBroadband.org).

Here are some important numbers for managing food security and stress in this difficult time:

Cash Assistance DTA Applications

can be filed (started) online at DTACConnect.com (click the blue "apply" banner). Just like with SNAP, a case manager will need to speak with the client after the application is filed.



Meals on Wheels (open to anyone over 60 regardless of health): 1-800-892-0890

Project Bread Food Source Hotline 1-800-645-8333

Merrimack Valley Food Bank Mobile Pantry Program: 978-454-7272

Manage Anxiety & Stress: Need Help? Know Someone Who Does? Contact the Disaster Distress Helpline at 1-800-985-5990

National Suicide Prevention Lifeline 1-800-273-8255: Provides free and confidential support 24/7 for people in distress and crisis...

FUEL ASSISTANCE for income eligible families can be accessed through Community Teamwork 978-459-6161. Income limits for 2020-2021 are \$39,105/year for a single person, \$51,137/year for a 2-person household.

Access YOUR Veterans Benefits!

Under Chapter 115 of Massachusetts General Laws (M.G.L. ch. 115), the Commonwealth provides a needs-based program of financial and medical assistance for indigent veterans and their dependents.

Qualifying Veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased Veterans are provided with the same benefits as if the Veteran were still living.

If you need more information please contact your Veterans' Services Officer, Eric Lamarche by email at elamarche@lowellma.gov or by phone at 978-674-4066. Eric can also assist veterans in applying for VA assistance.

Senior Abuse Hotline Number

To report suspected elder abuse, call: 1-800-922-2275

Elder Services of Merrimack Valley & North Shore

Meals on Wheels, Assistance with Home Care, Case Management, Support for Seniors and Caregivers, Prescription Advantage 1-800-892-0890

Legal Services Assistance & Referrals

1-800-342-5297

Fuel Assistance 978-459-6161

DTA Hotline (SNAP/Food Stamps)

Direct line for seniors: 1-833-712-8027

MassHealth 1-800-408-1253

Social Security Administration 1-800-772-1213

Medicare 1-800-633-4227

Friends of Lowell Council on Aging

The FLCOA had its first meeting Friday, April 30, 2021 since Friday, February 26, 2020. It was held in the library area of the senior center with a new board of directors. Our second meeting was held Friday, May 28, 2021 and our third and last meeting before our summer recess was June 25, 2021. The next scheduled meeting is September 24, 2021 at 9:30am. As always these meetings are open to the public.

The board approved to pay \$330.70 for new padding on 3 pieces of exercise equipment. The board also approved spending approximately \$8,400 for new floor covering in the exercise room. The whole upstairs is in need of recarpeting but hopefully the center may qualify for a grant to do that project. The annual outing was also discussed to take place in August. The bingo machine has been idle since the March 2020, so Lenny Gendron is checking to make sure it will be in working order when Bingo resumes.

During the pandemic state of emergency, the Friends mailed this newsletter to all Lowell households who had used the senior center in 2019. ***This July-August newsletter is the last that will be mailed to all.*** If you would like to continue receiving a newsletter mailed to your home: 1) join the Friends, and 2) request to be on the newsletter mailing list. Starting September 2021, only Friends members will be eligible for monthly newsletter mailing. Newsletters will still be available for anyone to pick up at the Senior



BOARD OF DIRECTORS

PRESIDENT

Rita M. Mercier

VICE PRESIDENT

Dr. Joseph M. Downes

SECRETARY

Beverly Gonsalves

TREASURER

Jacqueline Denison

DIRECTORS

Ken Ashley
Lenny Gendron
Nancy Judge
Doris Santos
Arthur Toupin

~~~~~  
**Friday, Sept 24  
at 9:30 am**

Please complete the Friends membership form on page 15, and mail along with your Annual Survey on page 16, and mail to:

Friends of LCOA  
276 Broadway St  
Lowell, MA 01854

## **Meet Our Newest Friends Board Member! Nancy Judge**

Welcome Nancy Judge, who joined the Friends of LCOA Board. Nancy is from Lowell, born and raised from the Highlands area. She has been married to her husband Bernie for 58 years. They have 5 wonderful children, 15 grandchildren and 10 great grandchildren.

Nancy is very active in the Lowell community. This all started when her children were involved in sports during their youth. Which led her to be actively involved in organizations through out the city of Lowell. She is currently on the Board of Friends of Tyler Park as the treasurer and Chair of Highlands Neighborhood Association. Nancy has been involved in both organizations for over 25 years.





## **Friends of Lowell Council** **on Aging Membership**

Join the Friends!

Thank You for your interest in being a part of FLCOA.  
We are looking forward to seeing you at future meetings  
held in the Board Room of the Senior Center the last  
Friday of the month except July and August.

Applicant

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_

E-mail \_\_\_\_\_

The member fee is \$5 per calendar year.

Any additional donations are gratefully accepted.

\_\_\_\_ I am enclosing a check for membership, \$5 / person.

\_\_\_\_ I am enclosing an additional donation of \$ \_\_\_\_\_

\_\_\_\_ I do want my newsletter mailed to me

\_\_\_\_ I want to pick up my copy of the newsletter to save  
the Friends' funds for senior center needs

Please return  
this form to:

Friends of LCOA  
276 Broadway Street  
Lowell, MA 01854

## **Friends of LCOA** **Ballot Results 2021**

Thank you for voting!!

We had record turnout  
for mail-in elections  
this year

| <u>Position</u>       | <u>Candidate(s)</u>                   | <u>Votes</u> |
|-----------------------|---------------------------------------|--------------|
| <b>President</b>      | <b>Rita Mercier<br/>winner</b>        | <b>118</b>   |
| <b>Vote for (1)</b>   | Blank                                 | <b>21</b>    |
| <b>Vice President</b> | Ken Ashley                            | <b>36</b>    |
| <b>Vote for (1)</b>   | <b>Dr. Joseph Downes<br/>winner</b>   | <b>94</b>    |
|                       | Blank                                 | <b>9</b>     |
| <b>Treasurer</b>      | <b>*Jacqueline Denison<br/>winner</b> | <b>121</b>   |
| <b>Vote for (1)</b>   | Blank                                 | <b>18</b>    |
| <b>Secretary</b>      | Richard Demers                        | <b>43</b>    |
| <b>Vote for (1)</b>   | <b>*Beverly Gonsalves<br/>winner</b>  | <b>76</b>    |
|                       | Blank                                 | <b>20</b>    |
| <b>Director</b>       | <b>*Ken Ashley<br/>winner</b>         | <b>65</b>    |
| <b>Vote for (5)</b>   | Sylvia Carbonneau                     | <b>38</b>    |
|                       | Richard Demers                        | <b>43</b>    |
|                       | Dr. Joseph Downes                     | <b>60</b>    |
|                       | <b>*Lenny Gendron<br/>winner</b>      | <b>89</b>    |
|                       | Beverly Gonsalves                     | <b>58</b>    |
|                       | Gilda James                           | <b>31</b>    |
|                       | <b>Nancy Judge<br/>winner</b>         | <b>49</b>    |
|                       | *Joe Peirce                           | <b>31</b>    |
|                       | <b>*Doris Santos<br/>winner</b>       | <b>56</b>    |
|                       | Eve Soroken                           | <b>19</b>    |
|                       | <b>Arthur Toupin<br/>winner</b>       | <b>49</b>    |
|                       | Blank                                 | <b>97</b>    |
|                       | * 2021 incumbent                      |              |

Name & Phone Number (optional) \_\_\_\_\_

Preferred Language: \_\_\_\_\_

**1. How did you participate at the senior center this July 2020 – June 2021? Please mark all that apply.**

- |                       |                                       |
|-----------------------|---------------------------------------|
| ◇ Meals               | ◇ Tax or Medicare Assistance          |
| ◇ Other Food Programs | ◇ Service Referrals (including phone) |
| ◇ Health or Fitness   | ◇ I did not participate this year     |
| ◇ Social / Recreation |                                       |
| ◇ Rides               |                                       |

Please visit [lowellma.gov/seniors](http://lowellma.gov/seniors) for online survey, or mail to:

Lowell Senior Center  
276 Broadway St  
Lowell MA 01854

**2. Think about your life since you started attending the senior center. Below are some ways that senior centers might make a difference. Please check the box that best matches your response for each line.**

| Because I go to the Senior Center I...                                           | Strongly Agree | Agree | Disagree | Not Applicable |
|----------------------------------------------------------------------------------|----------------|-------|----------|----------------|
| A. See friends more often/make new friends                                       |                |       |          |                |
| B. Take better care of my health                                                 |                |       |          |                |
| C. Eat meals that are better for me                                              |                |       |          |                |
| D. Have more energy                                                              |                |       |          |                |
| E. Feel happier or more satisfied with my life                                   |                |       |          |                |
| F. Know where to ask if I need a service such as a ride to the doctor or an aide |                |       |          |                |
| G. Feel more able to stay independent                                            |                |       |          |                |
| H. Feel that the senior center has had a positive effect on my life              |                |       |          |                |
| I. Have learned about services and benefits                                      |                |       |          |                |
| J. Am more physically active                                                     |                |       |          |                |
| K. Would recommend the senior center to a friend or family member                |                |       |          |                |
| L. I feel more comfortable using the internet                                    |                |       |          |                |
| M. I feel less lonely                                                            |                |       |          |                |

**3. What does it feel like to visit the Senior Center?**

**4. What could the Senior Center do to serve you better?**

**5. As you grow older, what changes do you wish for at home and in your neighborhood?**

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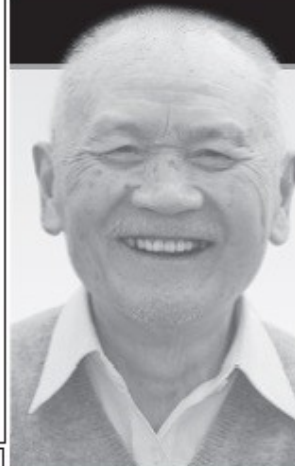
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